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Concert on the Common said to be a 'big one'

MUSIC The next big outdoor concert for the Halifax Common will be announced on Thursday. Harold MacKay of Power Promotional Concepts said yesterday a press conference is scheduled for later this week to announce the musical lineup. MacKay is tight-lipped on who will take to the stage, citing contractual agreements, but it's expected he'll announce a rock show.

"We'll see Thursday," MacKay said when asked about headliners. "It's going to be a big one."

Whoever is announced, they'll have big shoes to fill. Since concerts began on the Common four years ago, the likes of The Rolling Stones, Paul McCartney and Kiss have taken to the stage.

"It will be up there," MacKay noted.

This will be the second concert on the Common this summer. Alan Jackson is headlining a two-day country show Aug. 6 and 7.

METRO HALIFAX

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Golf **Tamed Tiger?**



Tiger Woods speaks during his press conference at the Masters golf tournament yesterday in Augusta, Ga. Woods used the occasion to acknowledge that he has "acted terribly." The tournament begins Thursday. **Story, page 12.**

Shootings a 'concern'

Mayor plans to address recent gun violence with HRP, RCMP

ALEX BOUTLIER
for Metro Halifax

Mayor Peter Kelly says he'll be contacting both of HRM's police forces' top cops today to discuss the recent spate of gun violence.

Kelly told Metro yesterday he plans to speak with Halifax Regional Police Chief Frank Beazley and Halifax RCMP Supt. Darrell Beaton at some point today about the forces' investigation into six shootings in the region over the past two weeks.

"(The shootings) are cer-

tainly of concern," Kelly said. "I will be reaching both (Beazley and Beaton) and having discussions as to what some of the concerns seem to be and what we can do collectively to address these areas of concern."

Two more shootings in Uniacke Square last weekend brought HRM's two-week shooting total to six since March 22. Just after 6:30 p.m. on Friday, gunfire was heard near Uniacke Street. Two men in their 20s arrived at QEII Health Sciences Cen-

tre with serious gun shot wounds.

Around 10 p.m. the following night, shots were fired near Olympic Court and Sunrise Walk. HRP arrested several people, all later released, and no victims were found.

Police say the two shootings are related and they have a strong idea on suspects, but there have been no arrests.

There have also been no arrests in the four other recent shootings, including two in North Preston, one in Cherry Brook and

one in Spryfield.

Kelly said HRM will try to find a solution for this recent gunfire spree through working with the affected communities, but wouldn't comment on any specifics until he talks with Beazley and Beaton.

"For us, it's trying to work with the communities to find a way to alleviate this use (of guns)," Kelly said. "The federal government, the province and the municipality, in concert with the police forces, need to find other avenues of opportunity to address and reduce the use of guns."



Peter Kelly

Province to slash civil service by 10%: Source

BUDGET Nova Scotia's budget axe is poised to come down on the province's civil service when Finance Minister Graham Steele tables his spring budget today.

Sources tell The Canadian Press as part of its plan to reduce the province's \$490-million deficit and balance the budget by 2013-14, the NDP government will cut the civil service by 10 per cent, or 1,000 jobs, over a four-year period.

"This is a consequence of the spending reductions necessary to get back to balance. It won't be easy, but it can be done through attrition and voluntary departures," said a government source.

The cuts will be made to positions across a range of government departments and will not affect the broader public service, the source said.

"Given the projected number of retirements, we do not expect this will require layoffs."

The source said the government projects about 2,000 retirements or more over the next four years, meaning it will likely need to hire in certain areas in order to fill jobs deemed essential. It was stressed while no hiring freeze is in place, the government will have to reduce the number of people hired to replace those who do retire.

Once the 10 per cent target is reached the government is expected to save about \$65 million annually, another source said.

THE CANADIAN PRESS
MORE BUDGET COVERAGE, PAGE 3



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Local



Contract buyout saves \$600K: NDP

The provincial government says it has saved \$600,000 by buying out its contract with Bay Ferries. The company was owed \$3 million under the existing contract signed in January 2009. The province has agreed to an early payout of \$2.4 million to save \$600,000, which, the NDP government says in a news release, will be made available for forward-looking investments in economic development in Western Nova Scotia.

YARMOUTH VANGUARD



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Man sent off for psychiatric exam after police standoff

CONFRONTATION A Halifax man was transported to hospital to undergo a psychiatric evaluation after a tense early morning stand off with Halifax Regional Police.

After receiving a 911 hang-up at 8:30 a.m., police say officers responded to an apartment on the 6100 block of Lady Hammond Road in Halifax. A 59-year-old male resident, allegedly with mental-health issues, refused to allow police inside.

Officers proceeded to knock down the door, and the man barricaded himself in his bedroom. When police opened the door, the man was allegedly brandishing a kitchen knife and threatening officers.

Police closed the door and convinced the man to exit. He told them he would come out after finishing a cigarette, but police noticed large amounts of smoke coming from the door. Officers forced the door open and found a table in the room on fire.

After extinguishing the fire and a brief struggle with police, the man was transported to hospital for treatment.

METRO HALIFAX

What to expect in 'first' budget

Tax increase all but certain as part of NDP fiscal plan **Mayor in opposition to HST hike**

PAUL MCLEOD
paul.mcleod@metronews.ca

Expect a tax hike, a deficit and loads of capital spending in today's provincial budget.

The promise of a balanced budget with no cuts and no tax hikes from a year ago by the NDP is long out the window, but Finance Minister Graham Steele says the party knows where it's going in its "first" budget.

"Of course we did introduce and pass a budget last fall, but it barely counts," Steele told the Halifax Chamber of Commerce last week.

"After the election, the fiscal year was half over and we had to pass what was mostly the previous government's budget."

Steele projects three to five more years of deficit before the province gets back in the black and that groundwork will be unveiled today at 2 p.m. There's no shortage of things to keep an eye out for:

1 Taxes: The rumoured two-point HST hike is all but confirmed. Steele said this spring's back-to-balance sessions reported a consensus approval for the hikes and said, "Where there is a consensus, it shouldn't surprise anybody that the government



Finance Minister Graham Steele, shown here in this Metro file photo, is tabling the provincial budget today, and it's expected to include an increase to the HST of two percentage points.

will likely act on it."

2 Stimulus: There's one year left for the province to qualify for deep pools of federal stimulus money and the NDP intends to do just that. Last year's massive capital budget came to \$724 million and Steele said this year's would be "less, but only by a little." Capital spending should greatly

drop off the following year.

3 Convention centre: The NDP will decide whether to fund a downtown convention centre on April 19. The party has said it hasn't ruled out funding this year, but it's unclear how it will leave itself wiggle room in a budget released two weeks before the decision is made.

4 University spending: This year's books are skewed because the NDP continued the Tory tradition of funding universities a year early. An early payment last year clears \$341 million from the books this year. That should make the deficit look deceptively small, while funding levels for next year are up in the air.

Mayor in opposition to HST hike

ALEX BOUTILIER
for Metro Halifax

HRM Mayor Peter Kelly says he's against a tax increase that is likely to be included in today's provincial budget.

Kelly said the widely hinted at two percentage point HST increase will take a toll on all Nova Scotian consumers — including HRM.

"It will certainly be an issue for consumption," said Kelly. "Adding two per cent, if that's where they're going to go ... would put increased cost pressures on the municipality that we have not yet allocated for."

Despite the looming threat of a tax increase, Kelly said he still expects the province to honour funding commitments to the municipality, such as \$13 million for Halifax's new central library.

Like the province, HRM is also facing a difficult budget season. Last week, council told staff to investigate ways to remedy a projected \$30.4-million deficit.

One of the options council will consider are tax increases, though Kelly said that would be a "last resort."

Zinck's troubles leave predecessor 'shocked'

PAUL MCLEOD
paul.mcleod@metronews.ca

MLA The budget will be the main event at the legislature today, but many eyes will be on the lone desk tucked away in the corner behind the Liberals.

The question is whether it will be empty.

Newly independent Dartmouth North MLA Trevor Zinck has avoided media outlets since last week's allegations he racked up thousands of dollars in gambling debts on a disabled constituent's credit card.

This follows his getting booted from the NDP for expensing unpaid bills.

"It's a most unfortunate situation ... It was my intent to leave a legacy behind."

Jerry Pye, former NDP MLA



Trevor Zinck

time to be a social democratic constituency."

At \$86,000 per year, Zinck stands to make over \$300,000 by the time the next election rolls around. Also, while he currently doesn't have enough years of service to get a pension, he would by the next election.

Pye said he believes if Zinck rehabilitates himself from his admitted drinking and gambling problems, he could even have a chance to get re-elected.

"Why would he leave?" said Pye. "Why would he

not tolerate the embarrassment of the situation he now finds?"

HRM Coun. Jim Smith lost a contested nomination run to Zinck that ultimately ended in Smith leaving the party. He ran against Zinck as a Liberal last year but fell 1,700 votes short.

Smith said he's received worried calls from constituents about Zinck being able to represent them provincially, and admitted he has some concerns himself. But he isn't calling for Zinck to step down.

"I don't think that's something I should weigh into. I can only say people certainly are frustrated," said Smith.

Home heavily damaged in fire

DARTMOUTH A home was extensively damaged in a Dartmouth neighbourhood yesterday afternoon.

Halifax Regional Fire was called to a blaze at 104 Spring Ave. just after 4:30 p.m. Upon arrival, firefighters faced one side of the home, along with the roof and attic area, on fire.

There were no injuries as the family was able to escape.

Firefighters were able to get the fire under control quickly but remained on scene for several hours to go through the home looking for hot spots. A cause isn't yet known.

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Truro police are asking for the public's assistance in recovering a stolen mobile car wash trailer. The theft occurred on Willow Street between 11:40 p.m. and midnight Saturday. The trailer is 16 feet long and gray with "car wash" printed on the side. **METRO NEWS SERVICES**

High hopes for warm days

SHELBY MCDONALD
for Metro Halifax

Cheyne Tracy is a true believer.

The Dartmouth resident was one of many HRM residents who took advantage of the summer-like weather at the Halifax Common yesterday.

The Common was packed with people of all ages. There were people throwing Frisbees, kids on bikes and skateboards and children using the playground equipment while their parents watched from the grass, something unusual to be done in the first week of April.

"This is gorgeous, unbelievable. Enjoying every second of it," said Tracy, as her five-year-old daughter Summer played on the monkey bars next to her. "I believe it will last, too."

It was another record-breaker temperature-wise for HRM yesterday, according to Environment Canada.

The high temperature at Halifax Stanfield International Airport reached 20 C, bettering the old mark of 18.7 C set in 1991.

Record temperatures were also broken last Saturday and Sunday, too.



Five-year-old Summer Tracy plays on the monkey bars on the playground at the Halifax Common yesterday, as her mother Cheyne lends a helping hand. It was another warm day in Halifax yesterday as temperatures reached 20 C.

The temperature Saturday at the airport reached 21.3 C while Sunday maxed out at 24.7 C.

The normal temperature for this time of year is 7 C.

"I won't say anything negative about it, that's for sure," said Bedford's Stacey Stewart, who was enjoying the warm weather on a blanket at the Common while playing

with her baby daughter. "We'll keep this weather around hopefully right through the summer now."

Fellow HRM resident David Wright used the wide open Common space to play with his kids, including kicking around a soccer ball with his son.

"It's fantastic," he said. "It's nice to be out in the

sun like this."

Another warm sunny day is forecast for Halifax today as temperatures are expected to reach 19 C.

After that however, clouds, showers and cooler temperatures are forecast through the weekend. The temperature is forecast to be only 9 C tomorrow and 8 C for Saturday and Sunday.

Stable gas prices on the horizon: Analyst

FUEL Motorists won't have to look far to see what they might expect for gas prices this summer, according to one Nova Scotia fuel expert.

Dave Collins, vice-president of Halifax-based Wilson Fuel, said things seem to be stable when looking to market trends for the next while.

"Looking at the future markets, prices look to be the same or slightly down," Collins said. "It's an interesting time."

Depending on the tax levels, Collins said gas prices in the summer months could be up or down by five cents from where they are now.

"Things are very stable right now and stability helps everyone," Collins added, noting there have been slight changes in price throughout the province from week to

105.8¢

The price of gas in metro Halifax this week is 105.8 cents per litre of regular self-serve gasoline.

week. "Stability even helps the people that sell fuel."

High prices of gasoline have been leading auto manufacturers to make smaller, more fuel-efficient vehicles.

With more people purchasing those vehicles, the price of fuel is depreciating, said Collins.

Also, ethanol is starting to become more popular, especially whereas some areas in the United States are mandating its use in fuel. The use of ethanol is also pushing gasoline use and prices down.

AMHERST DAILY NEWS

NSP, NewPage paper mill to create biomass facility

POWER A Cape Breton paper mill and Nova Scotia Power Inc. have announced plans to develop a biomass co-generation facility.

Nova Scotia Power, a wholly owned subsidiary of Emera Inc., will spend \$200 million on the 60-megawatt project.

That figure includes \$93 million in construction costs for new facilities and \$80 million to buy assets from New Page Port Hawkesbury Corp., which operates its mill in nearby Point Tupper.

NewPage, an indirect, wholly owned subsidiary of Ohio-based NewPage Corp., will be responsible for the construction and

3% The facility's output represents about three per cent of the province's total electricity requirement.

operation of the facility and the fuel supply.

Beginning in late 2012, the facility is expected to supply Nova Scotians with approximately 400 gigawatt hours a year.

The project, which still requires regulatory approval from the Nova Scotia Utility and Review Board, is expected to create about 150 new jobs in northern Nova Scotia, primarily in the forestry sector.

THE CANADIAN PRESS

More potential human remains found by Cape Breton cemetery

DISCOVERY For the second time in three days, possible human remains have been discovered near a Cape Breton cemetery.

Police were called to an

area today near Hebrew Cemetery in Whitney Pier.

Officers recovered small bones that police say are believed to be human. They say it's believed the

bones are associated with the recovery of remains on Saturday.

A person phoned 911 after finding bones about 30 to 60 metres behind the

cemetery.

The bones, which police believe are also human, have been sent to Halifax for identification.

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Truro tied 2nd for cost-competitiveness

SURVEY A recent survey showing Truro-Colchester as among the most cost competitive locations to do business in Canada is good news, says the Truro and District Chamber of Commerce.

The KPMG survey ranked the Truro-Colchester region as tied for second place in the category of most cost competitive Atlantic Canadian business locations and tied for third in Canada.

"This is no small feat," said chamber president Chantale Hache.

"Our region's current and previous rankings in this survey are excellent

Atlantic cities

- Moncton ranked highest in Atlantic Canada and was second to only Sherbrooke, Que., nationally.
- Truro and Fredericton were tied for second in Atlantic Canada and third in the entire country.

tools for attracting and retaining businesses and all of the benefits that come with them."

The survey takes into account several factors, including the cost of labour, leasing, transportation, utilities and taxes.

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The country's largest public-service union says it will fight a Canada Post decision to privatize parts of its operations. The Crown corporation announced last week it would outsource its contact centres and the National Philatelic Centre, eliminating more than 300 jobs across the country. **THE CANADIAN PRESS**

Canada/World

MPs' jet-setting budget slashed

Federal politicians who've been jetting in style around the globe have had their wings clipped.

The proposed budgets for 13 parliamentary friendship associations — which send dozens of MPs and senators on coveted trips to exotic locales each year, all at taxpayers' expense — have been rejected.

The joint House of Commons-Senate body which authorizes the budgets has told the associations that pricey world travel at a time of record deficits and spending restraint is unacceptable.

"What we did is we basically told everybody to go back to the drawing board," said David Tkachuk, a Conservative senator who co-chairs the

What was asked

- Draft budgets, obtained last month by The Canadian Press, showed the Inter-Parliamentary Union and the Commonwealth Parliamentary Association were asking for \$870,366 and \$605,818 respectively — most of it for international travel.

cil has agreed to give the 13 associations just over \$800,000 — half the \$1.9 million spent by the groups last year, with another 15 per cent lopped off for good measure.

That's a far cry from the almost \$1.5 million just two of the 13 associations had wanted to spend this fiscal year, largely on trips to tourist meccas.

THE CANADIAN PRESS

Joint Interparliamentary Council.

"You can't be leaders, telling everybody else to practise restraint and not do it yourself."

The associations have not been left penniless, however.

While they draft new budget requests, the coun-



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Whitby, Ont. Friend's funeral



Football players stand arm-in-arm as they watch pallbearers carry the casket of football player Mike McDonald, 16, yesterday in Whitby, Ont. McDonald was stabbed to death outside his Oshawa high school during a fight at a bus stop last week. He died in hospital. An 18-year-old fellow student was arrested.

News in brief

HEALTH A real commitment to maternal health — Prime Minister Stephen Harper's stated new foreign-aid priority — will cost the world another \$12 billion a year, according to experts. "We know how much it's going to cost to do this. And it's \$12 billion additional each year to what we're doing now," says Jill Sheffield, founder and president of Women Deliver, an aid-advocacy group. **TORSTAR NEWS SERVICE**

Tories to review pardon process

JUSTICE Public Safety Minister Vic Toews says the federal government will look for ways to stop "rubber-stamped" pardons after revelations that sex-abusing hockey coach Graham James was granted one.

"I think there needs to be a little more direction given to the (National Parole) Board in terms of what they can consider overall, and that these

things should not just be rubber-stamped," Toews said.

"We're taking a look at the legislation to see how we can consider amending (it)."

Toews said he was surprised to learn that James, a former junior hockey coach, was granted a pardon in 2007 for sexual assaults against two teens.

THE CANADIAN PRESS

Deadly U.S. consulate attack follows lull in Pakistan violence

PAKISTAN Islamist militants unleashed a car bomb and grenade attack against a U.S. consulate in northwestern Pakistan yesterday, killing four people and striking back after months of American missile strikes against Taliban and al-Qaida fighters in the region.

Hours earlier, a suicide bomber killed 45 people and wounded more than 70 at a rally by a secular political party in the northwest that has supported recent Pakistani army offensives in the region close to

Afghanistan, where the United States is battling a related insurgency.

The attacks follow a lull in violence since the beginning of the year, illustrating the militants' resilience.

The multi-pronged strike against the consulate in Peshawar city was the first direct assault on a U.S. mission in the country since 2006. Officials said the four attackers in two vehicles hoped to breach the heavily fortified compound and kill people inside, but they failed to do that and caused

only minor damage.

They detonated their first suicide vehicle at a checkpoint some 20 metres from the entrance to the consulate, said Peshawar police Chief Liaquat Ali Khan. The second vehicle, which was carrying a large amount of explosives, was stopped at another security barrier, he said. "The driver had no option but to detonate the vehicle right there," said Khan.

The second blast killed two militants wearing suicide vests, said Khan.

THE ASSOCIATED PRESS

Dozens missing in mine disaster

WEST VIRGINIA Massey Energy Co. says seven miners are dead and another 19 unaccounted for in an explosion at an underground coal mine in West Virginia.

Massey CEO Don Blankenship said in a statement yesterday that the company was working to rescue the missing miners. The company did not say whether any miners had been rescued. State mining director Ron Wooten says the blast was reported around 3 p.m. at Massey's Upper Big Branch mine in Raleigh County, about 50 kilometres south of Charleston.

A Medical Center spokesperson says one injured miner is in intensive care. The mine has caches of extra oxygen along emergency escape routes and airtight refuge chambers designed to provide enough air to keep miners alive for four days if they can't make their way out, according to an engineering consultant.

THE ASSOCIATED PRESS

News in brief

CALIFORNIA Inspectors red-tagged nearly 80 per cent of Calexico's downtown yesterday, where roofs caved in, windows smashed and inventory was strewn after a deadly quake. It could be devastating for the economy of the county, which already has the highest unemployment rate in the state.

THE ASSOCIATED PRESS

Colombia Painful day



Maria Gomez, centre, and Maria Jaramillo, mother and sister of Manuel Jaramillo, cry at the entrance of the morgue in San Luis, Colombia, yesterday. Manuel Jaramillo, 15, was among at least 21 people killed on Sunday, when a bus on the Medellin to Bogota highway left the road and fell down a cliff.

Over 100 miners freed after 'miracle' rescue

CHINA More than 100 Chinese miners were pulled out alive yesterday after being trapped for over a week in a flooded coal mine, where some ate sawdust and strapped themselves to the shafts' walls with their belts to avoid drowning while they slept.

Rescued miners wrapped in blankets, some with their light-sensitive eyes covered but their feet bare, were hurried to waiting ambulances that sped waiting to nearby hospitals. One clapped on his stretcher and reached out his blackened hands to grasp those of rescuers on either side.

Rescuers in tears hugged each other at the scene, which was broadcast live on national television. The sudden surge in rescues was a rare piece of good news for China's mining industry,

"A miracle has finally happened."

Liu Dezheng, rescue spokesman

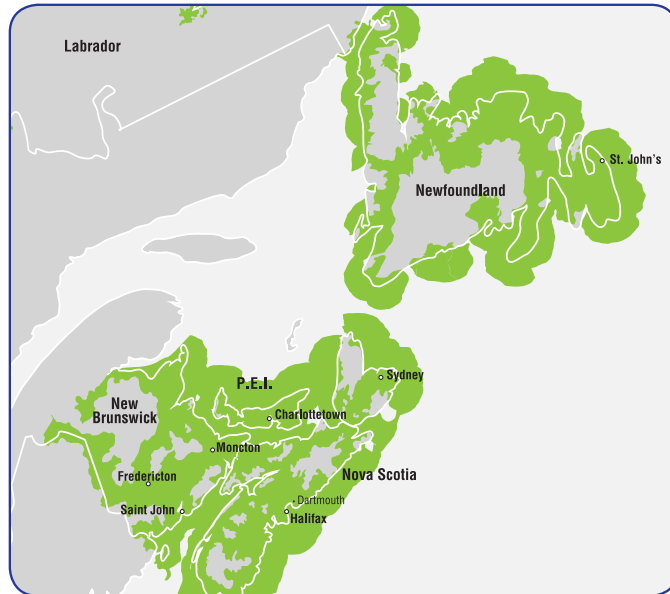
the deadliest in the world. A rescue spokesman said 115 survivors had been pulled out as of yesterday morning.

"A miracle has finally happened," Liu Dezheng told reporters yesterday, after the first nine miners were taken out shortly after midnight.

"We believe that more miracles will happen."

Of the 153 initially trapped, there are still 38 miners in the shaft. Rescuers expressed confidence they could be saved but did not say whether there had been any contact with them. **THE ASSOCIATED PRESS**

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Will Harper say Simon?

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

s the race for governor general over before it's begun? Canada has never had a member of our First Nations as governor general. That's quite an oversight and the word from the prime minister's neighbourhood is that he has been thinking of this and feels it's time the problem was rectified.

The aboriginal candidate who is attracting attention is Inuit leader Mary Simon. If the prime minister can be satisfied she can do the job with rudimentary French, sources say she's got it in the bag.

Forget all those celebrity names being bandied about like William Shatner. The post, as has been

amply demonstrated in recent times, requires experience in politics and public affairs. Among other positions in her distinguished career, Simon has been ambassador to Denmark, ambassador for circumpolar affairs, chancellor of Trent University and a negotiator for native peoples during the repatriation of the constitution.

She hails from a town in Nunavik in northern Quebec with the world's most unpronounceable name:

Kangiqsualu



Mary Simon

jjuang. Harper has become fond of the North since becoming prime minister. Northern development and Arctic sovereignty are among his top priorities. He has also taken a keener interest than expected in the native peoples.

Put it all together and Simon — first revealed as a candidate for governor general by Maclean's last fall — appears an ideal choice. It would give the PM a first in history, it would be a great boost for the pride of the native peoples, and it would put a strong stamp on the Northern identity.

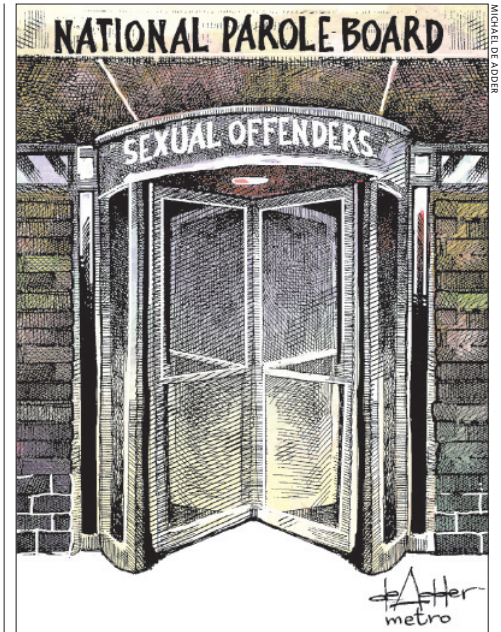
Simon has been taking French lessons for the past several months, apparently since her name began being bandied about as a governor general candidate. Though her French is weak, it is stronger than that of Raymond Hnatyshyn, who served as governor general in the

Mulroney years. Her appointment would mean two successive governors general from Quebec, but Simon would be seen less as a Quebec governor general than as a native peoples one.

The Paul Martin Liberals seriously considered an aboriginal Canadian for the post in 2005 before settling on Michaëlle Jean, who leaves after a high-profile tenure that showed how important the governor general's post can be. In 2008, Jean granted a prorogation to Harper, one that may have saved his government. Earlier that year she granted him a dissolution to call an election even though he was breaking his new fixed-date election law to do so.

From that point of view, Harper should be sorry to see her go. But if he is thinking of Simon as a replacement, he may very well have found a splendid successor.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Worth mentioning

Wisdom does increase with age, study reveals

It turns out grandma was right: Listen to your elders. New research indicates they are indeed wise — in knowing how to deal with conflicts and accepting life's uncertainties and change.

It isn't a question of how many facts someone knows, or being able to operate a TV remote, but rather how to handle disagreements — social wisdom.

And researchers led by Richard Nisbett of the University of Michigan found that older people were more likely than younger or middle-aged ones to recognize that values differ, to acknowledge uncertainties, to accept that things change over time and to acknowledge others' points of view.

"Age effects on wisdom hold at every level of social class, education, and IQ," they report in today's edi-

tion of Proceedings of the National Academy of Sciences.

In modern America, older people generally don't have

greater knowledge about computers and other technology, Nisbett acknowledged, "but our results do indicate that the elderly have some advantages for analysis of social problems."

"I hope our results will encourage people to assume that older people may have something to contribute for thinking about social problems," Nisbett said.

While the researchers expected wisdom to increase with age they were surprised at how strong the results were for disputes in society, Nisbett said. "There is a very large advantage for older people over younger people for those." THE ASSOCIATED PRESS

Increased wisdom

- The study concluded that economic status, education and IQ also were significantly related to increased wisdom, but they found that "academics were no wiser than non-academics" with similar education levels.

Views

Leave us the birds and the bees, please



Norm Beach

Four decades ago, in the year of the first Earth Day, Joni Mitchell got out her guitar and sang, "Hey farmer, farmer, put away that DDT, give me spots on my apples, but leave me the birds and the bees ... please!"

Amazingly, people and politicians listened and acted, and for the sake of the birds and bees, the toxic chemical DDT was banned. Briefly, it looked good for busy, buzzing, chirping and warbling creatures. But their numbers have gone into a tail-

spin.

In the 40 years since Joni Mitchell's wake-up call, it's been estimated that we've lost nearly half our birds. York University biologist Bridget Stutchbury (Silence Of The Songbirds) blames the destruction of forest habitat as well as poisoning due to pesticides. She recommends we buy organic produce and shade-grown coffee from farms that have preserved trees.

Ironically, bird-killing pesticides put us on a deadly treadmill because fewer insect-eating birds mean more bugs and even more toxic chemicals. And dwindling forests threatened by wood-eating insects will get smaller still if there

aren't enough birds to eat the bugs. We all know birds need trees. How many of us think about the fact that trees need birds?

Pesticides are also killing bees and their dramatic population decline threatens our food supply. One-third of our diet comes from flowering plants pollinated by insects, mostly bees. The list of more than 90 foods includes nuts, apples, oranges, melons, berries, broccoli, and celery. What would our diet be like without them?

Recent bee die-offs have been called a mystery because scientists cannot agree on which of several factors is most important. But some widely-used pesticides are known bee

killers, and it might not be wise to suspend judgment until all the bees are gone. Because the one certainty is if that happens, we'll be the ones to get stung.

The birds and the bees are not only a metaphor for the miracle of procreation. In terms of ecosystem health, they're like canaries in a coal mine. If they're in trouble, we're in trouble. It's time to wake up and smell the coffee (organic and shade-grown, please.)

Otherwise, we will all be singing the saddest line in Joni Mitchell's song: You don't know what you've got till it's gone.

Norm Beach is a writer and teacher in Toronto.

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Prepare for higher interest rates

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

t's official. Last week the major banks raised mortgage rates — 60 basis points for a five-year fixed to 5.85 per cent from 5.25 per cent.

Variable rate holders are quaking. Do you lock in, hold your breath and pray, downsize to delightful Musquodoboit Harbour?

Panic not. June 1 is the consensus pick by the pundits for the central bank to increase interest rates. But I doubt we are going to see precipitous rises to match the fall-off-a-cliff prime rate decline from 6.25 per cent at the end of 2007 to

2.25 per cent in early 2009. So there will likely be time to prepare and consider.

If you are one of the lucky ones with a variable rate pegged at a certain percentage below prime — some are as much as one per cent — you still have lots of cushion. Even if you didn't crack such a yummy deal, any variable rate pegged at a quarter to half over prime or less is one you want to hold on to.

Interest rates could certainly rise by a couple of percentage points in the future if the Consumer Price Index (CPI) keeps increasing. But if your term has a couple of years or more remaining then you will still be saving on interest costs with a variable rate. Of course, you do risk renewing your mortgage at a higher rate than if you had locked in now.

ALISON'S MONEY RULE
The best defence is a good offence when it comes to rising mortgage rates. Create your own mortgage busting plan.



Fixed or variable rate, the best way to protect yourself as interest rates rise is to pay down your mortgage while you have the most advantageous rate.

Fixed or variable the best way to protect yourself is to pay down your mortgage while you have the most advantageous rate. The more you take off the principal the less exposed you are to higher rates in the future.

One reader is attacking her mortgage by cancelling Internet and cable TV service — neither of which she uses much since she leads a busy life. And she intends to get rid of her cellphone when the contract comes due shortly

and (this is huge) do her own manicures. The \$185 a month saved will nicely speed her mortgage on its way.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Dividends more tax friendly

Q I am single and will have no income this year. However, I receive dividends from my investments. How much dividend can I receive and at what rate will I be taxed? Are all dividends treated and reported the same for tax purposes? — Drew

A Dividends are more tax friendly than interest income and most other forms of income.

There are several types of dividends but most individuals are commonly exposed to foreign, eligible and ineligible dividends.

Foreign dividends received from U.S. corporations are taxed similar to interest income.

Since 2005, publicly traded shares such as Bell, RBC, Suncor pay out eligible dividends and many private corporations pay out ineligible dividends. Not to dwell on the technical aspects, the type of dividend is determined based on whether the company benefited from the small business deduction or its general rate income pool.

Individuals who receive eligible dividends are taxed on a grossed-up 145 per cent and will receive a 19 per cent tax credit (of the grossed-up dividend). An individual with no other income can receive approximately \$50,000 before paying any income taxes. Taxpayers in receipt of an ineligible dividend are taxed on the grossed-up 125 per cent and get a 13 per cent tax credit (of grossed-up amount). Individuals can receive about \$37,000 in dividend before paying taxes. Generous amounts for some risk taking.

Q Is a non-resident landlord obligated to pay taxes? — Mario

A The non-resident landlord is obligated to remit 25 per cent of gross rental income collected. Under section 216 of the act, this amount maybe reduced.

Henry Choo Chong, CGA, can be reached at choohonghcg@yahoo.ca

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Your Money in brief

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Donati named ECHL rookie of the year

Former Atlantic University Sport star Justin Donati has been named East Coast Hockey League rookie of the year. Donati, who spent the 2007-08 season with the P.E.I. Panthers, had 104 points in 65 games with the Elmira Jackets. **METRO HALIFAX**

11

Sports

Game No. 2 for Bodnarchuk

Andrew Bodnarchuk of Hammonds Plains played in his second career NHL game last night in a 3-2 loss to the host Washington Capitals. The former Halifax Mooseheads captain played just less than six minutes on the Bruins' blue-line. He made his debut on Saturday. **METRO HALIFAX**



EDITOR: DON.MCHOULL@METRONEWS.CA

Thomas released by Rainmen

Halifax cuts centre, but would like to see him return next year

MATTHEW WUEST
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The DeAndre Thomas experiment might not be over, but the big centre won't be suiting up for the Halifax Rainmen again this season.

The Rainmen have released the six-foot-eight, 320-pound Chicago native so he can play for the International Basketball League's Albany (N.Y.) Legends, whose season starts on Friday.

Thomas, a 23-year-old rookie pro, played less than 10 total minutes in his most recent six games and did not accompany the team on last weekend's road trip after falling behind three other centres on Halifax's depth chart.

"He wasn't going to play the rest of the year — he wasn't gonna play over Larry Turner, he wasn't gonna play over Marc Mazur, and he wasn't gonna play over John Strickland," owner Andre Levinston said. "We just said, 'Let's just let him go.' He can go (to Albany) and play. He needs to get on the floor."

Thomas averaged just 2.2 points and 2.3 re-



The Rainmen let go of DeAndre Thomas so he could play for the Albany (N.Y.) Legends of the International Basketball League. The Legends begin their 20-game season on Friday.

bounds in 10 games, but the Rainmen still consider him a high-upside project if he can continue to improve his conditioning.

Described as a "young John Strickland" by Levinston, the thinking is he could develop into an im-

portant big man because of his deceptively quick feet and vision.

Levinston said Thomas could be a starter with the Legends, who play a 20-game schedule that wraps up at the end of June.

"We definitely want him

back next year," Levinston said. "I just thought it was really important for him to get some minutes. He could be really good."

The Rainmen have 11 players on their roster and cannot sign anybody else

"He wasn't going to play the rest of the year — he wasn't gonna play over Larry Turner, he wasn't gonna play over Marc Mazur, and he wasn't gonna play over John Strickland."

Rainmen owner Andre Levinston on DeAndre Thomas

because the Premier Basketball League's transaction deadline has passed.

The Rainmen, 12-7, wrap up the regular season tomorrow at 7 p.m. at the Metro Centre against the Quebec Kébs. They need a win to improve their chances of finishing third ahead of the Vermont Frost Heaves, 11-7.

The Kébs are 4-14 but beat the Rainmen the last time they met on March 5.



For more Rainmen coverage on Twitter follow:
@metrorainmen

Cole Harbour native helps U.K. club

HOCKEY Cole Harbour's Evan Cheverie helped the Belfast Giants win the United Kingdom-based Elite Ice Hockey League championship on the weekend.

Cheverie, whose squad also features former Halifax Mooseheads captain Brandon Benedict, fired the shootout winner as the Giants earned a 3-2 victory over the Cardiff Devils. Cheverie, with 67 points in 56 games, and Benedict, with 57 points in 43 games, were among the Giants' scoring leaders this season. **METRO HALIFAX**

Sports in brief

MJHL The Pictou County Weeks Crushers will look to rebound tonight in Game 2 of the Maritime Junior A Hockey League final in New Glasgow. The Crushers, 37-point underdogs, trail 1-0 in the best-of-seven series. **METRO HALIFAX**

SCOREBOARD

PBL	W	L	PCT	GB
xy-Lawton-Fort Sill	17	2	.895	—
x-Rochester	14	4	.778	2.5
X-HALIFAX	12	7	.631	5.0
x-Vermont	11	7	.611	5.5
Manchester	6	14	.300	11.5
Quebec	4	14	.222	12.5
Buffalo	3	16	.158	14.0
Maryland	3	17	.150	14.5

x — clinched playoff spot; y — clinched first overall.
WEDNESDAY
Quebec at HALIFAX, 7 p.m.

Gordon given AHL all-star status

AHL Andrew Gordon has been named a second-team American Hockey League all-star.

The Hershey Bears forward from Porters Lake earned the nod with 36 goals and 34 assists for 70 points in 76 games, tying him for 10th in the AHL scoring race. Gordon, a 24-year-old who played

U.S. college hockey at St. Cloud State, is in the third year of a three-year entry-level contract with the Washington Capitals and has played three career NHL games. The Bears are the defending Calder Cup champions and have already clinched first in the AHL this season with a 59-15-3 record. **METRO HALIFAX**

Six candidates but who'll go first?

MATTHEW WUEST
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QMJHL DRAFT The QMJHL's Central Scouting department is narrowing down a list of six names as it prepares its final ranking for June's draft.

Director of scouting Patrick Charbonneau said yesterday he is eyeing a half-dozen prospects for top spot in his final ranking, due out May 1: defencemen Michael Matheson, Jeremie Fraser and Dominic Poulin and forwards Taylor Burke, Liam O'Brien and Luca Ciampini.

In a draft with no obvious front-runner, scouts have their hands full as they get ready for June 5 in Drummondville, Que.

"There are six guys who — for different reasons —

could be No. 1," said Charbonneau.

"I don't know who will be No. 1, but it will be one of those six and those will be the top six in some order."

Burke, who plays for the Cole Harbour major midgets, and O'Brien, who played in the Saskatchewan midget ranks with the Notre Dame Hounds, are both from Halifax.

It would not be a surprise for a defenceman to go No. 1, nor would it be a surprise to see blue-liners dominate the top 10.

The Halifax Mooseheads have the second overall pick in the draft.

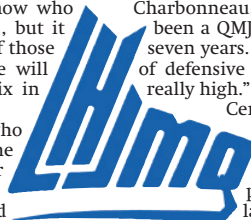
"This is one of the strongest years for de-

fencemen since I've been part of the draft," said Charbonneau, who has been a QMJHL scout for seven years. "The calibre of defensive prospects is really high."

Central Scouting released a list of first-round prospects last week, but no rankings were assigned.

International Scouting Service, meanwhile, has Fraser No. 1 on its March list and will release its final ranking in May.

For more on the top QMJHL draft prospects, visit Matthew Wuest's Q Files blog later today at <http://www.metronews.ca/qfiles>



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'I need to be a better man': Tiger

Tiger Woods, acknowledging he has "acted terribly," says he has to become a better man in the future.

In his first unrestricted meeting with the media, the star golfer said his fall from grace, like the death of his father and the birth of his children, conference.



Tiger Woods at yesterday's press conference.

has shown him what really matters. "It's not about the championships, it's about how you live your life," he told a news conference at

the Masters. "And I hadn't done that the right way for a while. I need to change that. Going forward, I need to be a better man than I was before. "Just because I've gone through treatment doesn't mean it stops."

Woods said his double life had taken a toll on his golf, despite his many successes.

"I won numerous tournaments over the last couple of years but I wasn't having anywhere near the amount of fun. Why? Be-

cause look what I was engaged in. Living a life where you're lying all the time, life's not fun. That's where I was. Now that's been stripped all away and here I am and it feels fun again."

Woods also revealed he had five stitches in his mouth after the infamous Thanksgiving night car crash that exposed details of his sordid private life.

"I acted terribly, poorly, made just incredibly bad decisions, decisions that

have hurt so many people close to me," he said.

Asked how he kept his other life a secret, he said: "I fooled myself as well. I lied to a lot of people, deceived a lot of people."

THE ASSOCIATED PRESS



Did you know other golfers are in the Masters? Like the patiently-preparing Mike Weir.

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NCAA The pressure's on



Duke's Jon Scheyer, left, tries to block a shot by Butler's Willie Veasley during the first half of the men's NCAA Final Four college basketball championship game yesterday in Indianapolis. For the game results, visit metronews.ca/sports.

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Red-hot Halak likely to start as Habs look to win on the Island

NHL Even riding a two-game shutout streak, Jaroslav Halak does not assume he will be the starting goaltender for the Montreal Canadiens.

The 24-year-old was named the NHL first star of the week yesterday after winning 1-0 at Philadelphia on Friday and 3-0 at home over Buffalo a night later.

He is all but certain to be in goal again when the Canadiens try to take another step toward clinching a playoff spot against the Islanders in New York tonight.

But Halak won't take that for granted, publicly at least. Perhaps that is because coach Jacques Martin's policy is to name his starter only on the day of a game, or that Halak has seen highly touted Carey Price get favoured treatment too often in the past.

"This is not in my control," said Halak, whose shutout string now spans 144 minutes 41 seconds — back to a second-period goal by New Jersey's Dainius Zubrus on March 27. "If I get a chance to

Bruins fall to Caps

• Brooks Laich's power-play goal 44 seconds into overtime gave the Washington Capitals a 3-2 win over the Boston Bruins last night. The Bruins gained a point and moved into seventh place in the Eastern Conference with 85 points. Montreal is sixth with 86 points and Philadelphia is in eighth place with 84 points.

play. I'll try to do my best. "Lately, if you lose a game you don't play, so we'll see what happens."

Both goaltenders have been sharp of late, but the 22-year-old Price lost his last outing 2-1 to Carolina despite 33 saves and had the team collapse in front of him in the final two minutes against Buffalo in the start before that.

Price is only 13-20-5 this season despite a strong .912 save percentage. Meanwhile, Halak is 26-12-3 with a 2.31 goals-against average and .927 save percentage, third-best in the NHL. **THE CANADIAN PRESS**

SCOREBOARD

NHL		Chicago White Sox 6 Cleveland 0
YESTERDAY'S RESULTS		Detroit 8 Kansas City 4
St. Louis 2 Columbus 1 (OT)		Minnesota at L.A. Angels
Washington 3 Boston 2 (OT)		Seattle at Oakland
Minnesota at Edmonton		
NCAA		YESTERDAY'S NL RESULTS
YESTERDAY'S MEN'S BASKETBALL FINAL		Arizona 6 San Diego 3
Butler vs. Duke		Atlanta 16 Chicago Cubs 5
MLB		Colorado 5 Milwaukee 3
YESTERDAY'S AL RESULTS		N.Y. Mets 7 Florida 1
Texas 5 Toronto 4		Philadelphia 11 Washington 1
		Pittsburgh 11 L.A. Dodgers 5
		San Francisco 5 Houston 2
		St. Louis 11 Cincinnati 6

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Training like a Titan

Get a warrior workout inspired by hit action movie

Extreme Fitness, a fitness club chain in Toronto, and Warner Bros Canada want you to look and feel like a titan. Professional wrestler, fighter and fitness trainer George Kiriakiou has come up with a sequence kick-butt moves to do just that.

"The program combines fitness training of an elite athlete with training of a professional martial artist," says Kiriakiou. "The Clash of the Titans Warrior Workout focuses on improving your mental state so that you can lose weight, increase energy, burn fat, increase core strength and get a god or goddess-like figure."

THE TITAN PUSH-UP

Step 1: Place both hands in front of you on the ground, shoulder width apart. Place feet wide apart, making sure that both arms and legs remain straight. Back must remain flat with your head looking forward, getting ready to do the push-up.

Step 2: Slightly bend your arms, causing you to bring your upper body down and forward. You want to remain having a flat back as you skim your torso across the floor.

Step 3:



Here are some workout tips if you want to look like Sam Worthington from Clash of the Titans.

Continue moving your body forward and up until your arms are straight again. This will cause your lower back to arch as your hips become lower to the ground. As a result your back should be arched slightly while you are thrusting forward.

THE TITAN SQUAT

Step 1: Begin your Titan Squat in a basic squat position. This means that your feet are shoulder width apart and your arms are straight in front of you. Bend your knees so that your legs make 90 degree angles.

Step 2: From the basic squat position, jump up as high as

you can while making a 180 degrees switch of position in the air.

Step 3: After completing a 180 degree jump, you want to land in the same squat position as in step 1.

THE TITAN LUNG

Step 1: Start off in a lunge position. Place your left foot in front and bend both legs until both legs end up in a 90 degree angle. Back should remain straight and in an upright position.

Step

2: From the initial lunge position, engage your glute muscles, your core muscles and your quadriceps to help give you the strength and power to jump up.

Step 3: Finish your Titan Lunge in a basic lunge position.

THE TITAN SPRAWL

Step 1: Begin on your knees with your back straight. Make sure that your knees remain shoulder width apart.

Step 2: From the position in step one, use your arms to help elevate you as you jump from your knees to your feet.

Step 3: Land your jump from your knees onto your feet. You want to land in a squat position. Make sure that as you transfer from your knees to your feet, your back remains straight and your feet remain shoulder width apart.

Step 4: Jump up as high as you can. This is an explosive movement that requires you to perform the jump as soon as you feet from step 3 are on the ground.

Step 5: As you land your jump, bend over and place your hands on the ground shoulder width apart.

Step 6: Sprawl. Shoot your feet back so that your hips are touching the ground. Your feet should be slightly wider than shoulder width and your arms should be straight.

Step 1 of the Titan Sprawl.

Staying in good shape will make your sex life better

The J Spot

Josey Vogels

metronews.ca/thejspot

Okay so that New Year's Resolution to start exercising and get in shape never amounted to anything. Maybe you just need some added incentive. How about this? Regular cardiovascular exercise will improve your sex life.

In a study at the University of California, San Diego, 78 sedentary middle-aged men (their average age was 48) did aerobics every other day for an hour. After nine months they made love 30 per cent more often and masturbated 50 per cent more often.

That's because exercise not only relieves stress, relaxes you, increases your energy and stamina, and improves self-esteem and self-confidence (all very sex-positive), working yourself into a big, smelly sweat actually also makes you randy. Cardiovascular exercise elevates endorphins in your bloodstream and increases adrenaline and testosterone (in women too) — all the things your brain needs to make you want to say, "Do me!"

There are other sex-specific benefits from exercise.

For women, regular exercise keeps your genitals nice and fit. Like other

muscles in your body, the ones around your vagina get flabby with age leading to incontinence or a prolapsed uterus. As fun as all that sounds, regular exercise can help to avoid these problems.

And guys, you're not always going to be the studly young things you are now. Men's levels of arousal and their ability to maintain erections wane as you age. Regular exercise will keep your blood pumping ... everywhere.

Also, a good set of butt and lower back muscles will give you stamina and keep you from collapsing while you're doing the deed.

Abs of steel, strong thighs and a decent set of shoulders don't hurt either, and that goes for men and women.

Finally, sex in itself can be a good workout. During a good session of sex (the kind that leaves your legs rubbery and your head light), your heart rate multiplies as much as three times, and your breathing is almost twice as fast.

You can also burn between 200 and 300 calories. And a good, toe-curling orgasm helps tone every muscle in your body.

Most cardiovascular fitness routines recommend that to get and keep fit you need to raise your pulse and keep it an increased rate for 20 minutes, two or three times a week.

So if you can't afford a gym membership...

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Hoopilates craze growing

Kids game of hula hooping a great way to get a low stress workout

ROMINA MCGUINNESS
Metro World News

Release your inner child as you get back to playground basics. From the glamorous Michelle Obama to your average sticky fingered five year old, everyone loves a bit of a swirl. Combine the cardio of hula hooping with the pull of Pilates for an all round body workout.

Hoopilates tones and sculpts the entire body, from your abdominals, to your hips to our thighs.

"Although hula hooping is very much about connecting with your inner child, this is an adult workout," explains Saharah Ali, Hoopilates trainer at Crunch Gym New York.

"The entire body is engaged throughout the class, from your muscles to your mind. The class begins with ten minutes of intense hula hooping in order to get the heart rate going, burn fat and increase the cardio vascular system.

"You hula to the right then to the left incorporat-

ing arm moves and leg lifts as you go along. This will make you leaner and stronger from head to toe. Good bye doughnut rolls and muffin tops, Hoopilates will leave you trimmed and sculpted."

The main challenge of the workout is keeping the hula hoop up and retaining your body balance. Concentration is key as you need to focus on your hand and eye coordination.

The workout helps revitalize the nervous system, helping to keep your mind alert, and reversing the aging process.

"Hoopilates creates the same mental stimulation as doing a crossword puzzle, the brain is working alongside

the body throughout — it's a 360 degrees class," says Ali.

Ali will

alternate the intense hula hoping bursts with mat pilates every ten minutes of a one-hour class.

"We'll do scissor kicks, hundreds, the saw, leg bounces and sometimes use smaller hula hoops for balance work. We end the class by picking up the hula hoops one last time and go as fast as our hips will rotate."

One average people will burn between 300 to 500 calories in one session. It's great for those people who want a non-aggressive workout (no strain is applied on joints or the back) and those with balance problems.

Hoopilates is ideal for those who have an issue with hard core cardio such as running or aerobics. Hoopilates is also a personality based, you need to lose all inhibitions before you start



Even Michelle Obama enjoys doing a little hula hooping. Trainer Saharah Ali says hula hooping is an entire body workout.

swaying and sweating to the music.

Saharah Ali's favorite music tune to get the hoop rolling? Vogue, by eighties pop icon, Madonna followed by the Black Eyed Peas's will.i.am's I Got it From Your Momma.

"I get the class to strike a Madonna pose while they hula hoop, it keeps the fun feeling going."



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THE LUNG ASSOCIATION
Nova Scotia



UK TV presenter Georgie Thompson, left, and personal trainer Cat Dugdale have developed a new online female fitness program, iamsuperchick.com.

ROMINA MCGUINNESS
Metro World News

Women are no longer going online simply to check up on their latest eBay bargains. iamsuperchick.com, an online female fitness program developed by Georgie Thompson, from UK's Sky Sports, and personal trainer Cat Dugdale is giving women the opportunity to follow a fitness regime, while simultaneously cleaning

website

• For more information visit iamsuperchick.com.

their house or changing a nappy.

Metro spoke to Thompson about credit crunch fitness, cocktails and the ultimate hangover cure.

Most women would rather sit on the couch cradling a glass of wine in one hand and peanuts in the other than train.

"Women won't stick to an unrealistic training programme, no matter how committed they are," Thompson said.

"We offer an alternative; online programmes and home videos they can fit into their hectic lifestyles. The reason Cat and I created iamsuperchick.com was to help women who enjoy fitness but are too intimidated by it.

"If we're going to put ourselves out there as a female fitness brand which

responds to the demands of women, it must be reflected in the service," explains Thompson.

Whether you use a can of spaghetti hoops as weights (great for your bing wings) or go into lunges while hoovering, it's all about shedding pounds away from prying eyes.

"Using what you have lying around the house and turning your front room into a gym is part of our credit crunch appeal," Thompson said.

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Fish & chips turns 150

This year, fish and chips is celebrating its 150th birthday. That date is according to the National Federation of Fish Friers, which represents about 8,500 fish and chip shop owners in Britain. **THE ASSOCIATED PRESS**

15

Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Tried and true recipes

Family and neighbours at Jeanelle Mitchell's summer cottage in northern Ontario have been the lucky recipients of her fabulous salads over the years. "Last summer I tested every recipe for this new book at our cottage," says the author of *For the Love of Salad* (Whitecap, paperback, \$19.95). In addition to recipes, the book also provides tips on cutting and preparing vegetables and the basic principles behind creating a spectacular dressing. **THE CANADIAN PRESS**

LiquidAssets

Peter Rockwell



metronews.ca/liquidassets

Season sippers

Winter has its advantages.

When the weather outside is frightful I've got the perfect excuse to avoid all the outdoor work I hate so much. Sadly, come spring the lawn, the peeling paint and that deck of mine (that I really should stain) start to call out to me.

One of my resolutions for 2010 was to spend more effort keeping the Rockwell mansion ship-shape and over the last few days I've thought long and hard about keeping that promise to myself. Since I think best with a glass in hand I got the wheels turning with a couple of season friendly wines.

Though over oaked whites may have fallen out of favour with the masses; a fresh, tropical chardonnay with just a little wood matches nicely with springy aromatics and lighter menus. The **2008 Toasted Head Chardonnay** (\$16.95 - \$17.99) gets its grapes from various California regions which inject its creamy fruit flavour with soft citrus and butter-scotch undertones.

Spring into brunch classics

Welcome the season with a fresh open faced omelette and tomato salad

Open Faced Omelette with Turkey Sausage, Swiss Chard and Fontina Cheese

SERVES 4

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 6 eggs
- 2 Tbsp milk
- 1/2 tsp kosher salt
- 1/4 tsp freshly grated black pepper
- 1 Tbsp olive oil
- 8 ounces turkey sausage, casings removed
- 2 green onions, thinly sliced (about 1/4 cup)
- 1 bunch Swiss chard, cut crosswise into 1-inch chiffonade (about 4 cups)
- 1/2 cup fontina cheese, grated
- 4-5 basil leaves, torn

METHOD:

1. Preheat broiler to high.
2. In a medium bowl, lightly whisk eggs, milk, salt and pepper and set aside.
3. At medium high, heat oil in a 10-inch oven-safe non-stick skillet. Add sausage and cook, breaking into smaller pieces with the back of a wooden spoon until cooked through, about 4 minutes. Add green onions, stir 20 seconds until beginning to wilt, transfer to a plate and set aside.
4. Return skillet to heat; add Swiss chard and cook, stirring until beginning to



Open Faced Omelette Turkey Sausage, Swiss Chard and Fontina Cheese.

wilt, about 3 minutes. Add sausage mixture to pan and stir. Add eggs to sausage mixture and tilt pan to cover bottom with egg mixture and distribute ingredients evenly. Push eggs away from sides and let uncooked eggs run to bottom of pan to cook. Sprinkle basil over egg mixture and cover top of omelette with cheese.

5. Cook for 3 to 5 minutes, until eggs are just set on the bottom. Transfer skillet to middle rack of the oven and broil until top is

set, about 3-4 minutes. Cut into wedges and serve immediately.

PREP TIME: 15 MINUTES

SUBMITTED BY GREG STEWART, ST JOHNS, NL; TESTED BY JILL CASHMAN

Fresh Tomato Salad

SERVES 4

INGREDIENTS:

- 5 Roma or on-the-vine tomatoes

- 1 small red onion, minced
- 1 clove garlic, pressed
- 4 Tbsp lemon juice (or red wine vinegar)
- 1/4 cup olive oil
- 1/4 cup fresh Parmesan
- Pinch dried oregano
- Pinch fresh parsley or chives, minced
- salt and pepper to taste

METHOD:

1. Wash and cut tomatoes into bite-sized pieces.
2. Combine red onion, garlic, lemon juice and olive oil. Mix to combine. Add spices and salt and pepper to taste.
3. Toss tomatoes in dressing. Grate Parmesan onto tomatoes before serving.

Visit 20minutesupperclub.com/metro to find these and many more delicious ways to welcome spring.



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Angelina Jolie and Brad Pitt visited Bosnia yesterday, intending to spotlight the plight of 117,000 people who have not been able to return to their homes, even though the Bosnia war ended 15 years ago. **THE ASSOCIATED PRESS**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

The first brick

Madonna will lay the first brick of her Raising Malawi Academy for Girls today, signalling the official start of construction of the \$15 million academy, set to open in 2011. **THE ASSOCIATED PRESS**



Rufus Wainwright plays on

TheAudioFiles

Bryan Borzykowski

metronews.ca/music



Rufus Wainwright has always been an emotional artist — he's written about his addictions to drugs, talked openly about his sexual history and he hasn't shied away from singing about his famous family. But his latest record may be his most introspective yet. The album, *All Days Are Nights: Songs for Lulu*, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer.

She died in January, with Wainwright, his songwriting sister Martha and his folk singing father, and McGarrigle's ex, Loudon Wainwright III by her side.

When I spoke to the Montreal-raised artist about two months after his mother's death, he sounded exhausted. But, as usual, he didn't shy away from talking about his personal life.

"There have been times where I've just been going through the motions," he says on the phone from a beach house in Montauk,

N.Y., recalling some concerts he's played recently. "But I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings. I was completely flabbergasted and beside myself. There's a musical language that corresponds to her spirit for sure."

Whether it's real or imagined on my part, that spirit seems to be all over his new disc.

The record is a stunning collection of haunting piano and vocal-only songs that deal with illness, loneliness and also hope. Not every song is explicitly about his family, but tracks such as *Martha*, tackle his mother's cancer — and his relationship with his sister — head on.

"One of the great natural mysteries of the musical world is my family," he says half-joking, explaining why he writes about his relatives. "The fact is we are all successful, but not we're the Jacksons thank God. We've all managed to carve out our own singular sounds that are in one way distant, but also complementary to each other. It's a real anomaly."

The songwriting on this record gives those heartfelt lyrics an even, softer edge. The spare instrumenta-



Rufus Wainwright's new album, *All Days Are Nights: Songs for Lulu*, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer. She died in January.

tion (though the piano is incredibly complex) is a far cry from the artist's usual over-the-top musical-like pop. It was as if he wanted to bring his songwriting back to basics so he could show off

just what he

learned from his mother and father over the years.

McGarrigle did get to hear some of the album — if not on record, at least while he was writing. Because the piano arrangements were some of the most involved pieces he's ever composed, he had to practice — a lot.

"My poor mother was ill upstairs, and be-

cause I was really hammering out this album it wasn't a delightful listening experience," he says. "I'd go upstairs and she'd be like, 'I'm not sure about this record, it sounds good to see live, but it's a bitch to listen to.'"

"I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings."

Rufus Wainwright

Wainwright knows he still has many months ahead of him before the grief begins to subside, but that won't keep him from playing. If anything, his mother's death will keep him going. "When she died there was this almost instantiations and incredible reaction from the world press about her," he says. "It wasn't just about her being our mother, or being part of the McGarrigle sisters, but even about her own quirky view on things. There was a strong sense of a major accomplishment and legacy that I have to propagate."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic



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entertainment 17

DVD picks

The Lord of the Rings Trilogy (Blue-ray)

Directors: Peter Jackson

PERHAPS YOU LIVE in a cave, houseboat or hobbit hole where space is at a premium. Maybe you haven't already purchased one of the approximately 967 other DVD packages of this fantasy epic.

Could you by chance be one of the last remaining humans on the planet who have yet to see the Tolkien classic, as rendered cinematically by Peter Jackson for a total of 17 Academy Awards?

All of the above could be reasons why you'd want to splash out for this compact Blu-ray set, which neatly bundles all three films and their special features into one compact case, for a total of nine discs.

The main reason for purchasing this edition would be to get the unparalleled visual and sonic benefits that Blu-ray handsomely delivers. Frodo, Gandalf and their ring-chasing buddies have never looked so good, outside of a movie theatre.



cating of the action from New York to the dank back alleys and furtive hotel rooms of post-Katrina New Orleans.

Everybody in Herzog's vision of the Big Easy is tightly wound, tripping pharmaceutically or on the take — or all three in the case of Cage's Terence McDonagh, a once-noble cop whose life has taken a tragic turn downhill.

Herzog told Cage to "set the pig loose" with his portrayal of McDonagh and does he ever. McDonagh's huge appetite for drugs, sex and violence makes him more scary than the gators and iguanas that pop up unannounced, although the critters might just be a figment of a fevered mind that is perilously close to flipping out.

Yet the compromised copper is also capable of genuine tenderness, as seen in his love and devotion to a hooker junkie played with grace and empathy by Eva Mendes.

The slim extras include a making-of featurette and a digital photobook of on-set photos.

Peter Howell/for Metro Canada

Everything you could ever want to know about the films is contained in the more than six hours of extras included in this set. There are also digital copies of all three movies, should you wish to view them in standard definition on your iPhone, iPad or wizardly laptop.

Bad Lieutenant: Port of Call New Orleans

Directors: Werner Herzog

NICOLAS CAGE TAKES the junkie lawman character from Abel Ferrara's 1992 original Bad Lieutenant to a whole new level of weirdness, aided by director Werner Herzog's re-

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/6/10	31	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	Dancing With the Stars	Lost "Happily Ever After"		(11:02) V (N)
	7	7	7	ASN	The Road to Avonlea	Degrassi: Next	TMZ (N)		Dancing With the Stars	The Middle	Old Christine	(11:02) V (N)
	11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Laughs	CBC News: The National	The Hour	
	2	2	2	CBC-F	Pyramide (SC)	Union-Force	Virginie (SC)	La Facture	Beautés desespérées (SC)	Musee Eden (N) (SC)	Le Téléjournal	
	32	32	32	CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS "Guilty Pleasure"	NCIS: Los Angeles (N)	The Good Wife	
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	La Fière de la danse (SC)		Caméra café	La Promesse (HDTV) (N) (SC)	TVA nouvelles	
	6	6	6	CHIF	Entertainment	ET Canada	The Good Wife "Doubt"		NCIS "Guilty Pleasure"	NCIS: Los Angeles (N)	News Final (N)	
	9	9	9	CJCH	Lost "Happily Ever After"		Law & Order: Special Victims		American Idol (HDTV) Nine finalists compete. (Live)		CTV News	
	10	10	10	ELTV	(6) EastLink Television				Podium TV	Community Matters		
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol (HDTV) Nine finalists compete. (Live)		Fox First	
prime	12	12	12	NBC	News (N)	NBC News	Access H	Extra (N)	The Biggest Loser: A swimming challenge. (N)		Parenthood (N)	
	29	29	29	NW	(6) Power & Politics		The Lang & O'Leary Exchange		Connect with Mark Kelley (N)	CBC News: The National	fifth estate	
	4	4	4	PBS-B	PBS NewsHour (N)		Greater Boston	Maria Hinojosa	NOVA (N)	The Mormons (HDTV Part 2 of 2) (DVS)		
	35	35	35	PBS-D	PBS NewsHour (N)		Business Rpt.	Steves Europe	NOVA (N)	The Mormons (HDTV Part 2 of 2) (DVS)		
	68	68	68	TQS	Guerre clans	Atomes croch	Big Brother QC	Roxy (N) (SC)	CSI: NY (SC)	Flashpoint (SC)	L'Attaque à 5	
	23	23	23	BNN	Business News	Headline	Market Call Tonight		The Close	Squeeze Play	Business News	
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	46	46	46	HIST	Ancients Behaving Badly		Gossip Girl (HDTV) (N)		Cities of the Underworld	Pawn Stars (N)	Nostradamus	
	17	17	17	MM	Buffy the Vampire Slayer		The Daily Fix		Springbreak.10	Muchmusic Countdown	HammerTime	
	19	19	19	MMM	mmtop10.ca		(8:15) One Week ★★ (2008, Drama)		Joshua Jackson.	The Proposal (2009, Romance-Comedy)		
	201	201	201	M1	(6) Baby on Board		Ghost Hunters		Destination Truth	Oper. Repo	Oper. Repo	
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	39	39	39	SHOW	Trailer Park	Trailer Park	Rich Bride Poor Bride		Party Mamas	Party Mamas	Wedding SOS	
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	56	56	56	34 TROP	End of Leash		The Celebrity Apprentice A theme park's new attraction.		Les Invincibles (SC)	Unscripted (N)	ADN: Accel.	
cable variety	20	20	20	TVS	Que.-champion	Journal de Fr2	La Dernière girafe		Parlir autrement		ADN: Accel.	
	28	28	28	V	Just Cause		Murder, She Wrote		May-December	When I Laugh	Unscripted (N)	
	60	60	60	97 VIVA	Psychic Inv.	Ghostly Enc.	Cold Case		Missing "Sisterhood"		Cold Case	
	22	22	22	W	House-Sell	House-Sell	Supernanny		Style by Jury	Grocery Bag	Look Good	
	251	251	251	WGN	WGN Evening News		Two/Half Men	Family Guy	NBA Basketball Milwaukee Bucks at Chicago Bulls. (HDTV) (Live)			

critics' corner

Parenthood

Kristina's (Monica Potter) constant worrying takes a toll on her love life with Adam (Peter Krause). Max (Max Burkholder) starts working with a young behavioral aide (Minka Kelly). Sarah (Lauren Graham) debates whether she should go out with Amber's (Mae Whitman) teacher (guest star Jason Ritter). Crosby (Dax Shepard) tries to get the courage to tell his parents about Jabbar (Tyree Brown). Erika Christensen also stars in the new episode "The Big O." 11 PM on NBC



Style by Jury

Tina is only 40, but she has three grown children and is already a grandma, and she dresses like one — or possibly a grandpa. Short on self-esteem, she favors manly clothes that are too big for her, and her relationship of three years is suffering. Enter host Bruce Turner and the style team to help her out of that oversized shell in the new episode "Old Before Her Time Tina." 9 PM on W



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- Down With Webster - Your Man
- Sean Kingston Ft Justin Bieber - Eenie Meenie
- Adam Lambert - Whataya Want From Me
- Rihanna - Rudeboy
- Ke\$ha - Blah Blah Blah
- Timbaland Ft Katy Perry - If We Ever Meet Again
- Hedley - Perfect
- Justin Bieber - Baby
- Taio Cruz - Break Your Heart

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Real Housewives of New York star Alex McCord reveals in a new book that she drank while pregnant, usmagazine.com reports. McCord is the mother of two boys (ages six and four). **METRO NEWS SERVICES**

Bullock preps divorce docs

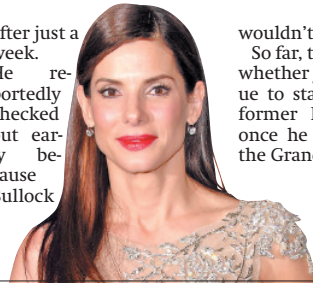
MEANWHILE, HER HUSBAND CHECKED OUT OF SEX REHAB WHEN HE FOUND OUT YOU COULDN'T HAVE SEX IN THERE Sandra Bullock has reportedly had divorce papers drawn up to end her marriage to Jesse James after his cheating scandal erupted last month, but sources say the actress isn't giving any indication of when or

if she'll file, according to Radar Online. "Her attitude toward Jesse hasn't softened since she found out he was cheating on her," a source says. "She's been betrayed and cheated on and she's not getting over that." James, meanwhile, is said to have left the Arizona rehab facility he'd checked himself into

after just a week. He reportedly checked out early because Bullock

wouldn't take his calls.

So far, there's no word on whether James will continue to stay at the couple's former Hollywood home once he heads back from the Grand Canyon state.



**METRO
WORLD
NEWS**

McCartney's meat-free tour

HAPPINESS IS A COLD SALAD Paul McCartney has banned meat from his latest tour — he's serving vegetarian meals to all his crewmembers, femalefirst.co.uk reports.

The Beatles star is taking his Up and Coming Tour through the U.S., South America and Europe, and the staunch animal rights activist is making sure all his employees give up meat for the duration of the trek.

A spokesman for the veteran rocker tells Britain's Sunday Express newspaper, "We will serve some 480 vegetarian meals a day to keep the crew going."



**METRO
NEWS
SERVICES**

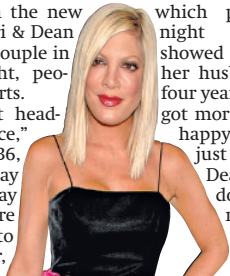
Tori Spelling denying rumours of marital riff

SOMEWHERE IN CANADA, MARY JO EUSTACE IS WATERING HER SCHADENFREUDE PLANT Tori Spelling is downplaying rumors of marital strife with Dean McDermott after leaked footage from the new season of Tori & Dean showed the couple in a major fight, people.com reports.

"We're not headed for divorce," Spelling, 36, said yesterday on NBC's Today show. "We're committed to each other,

we're committed to this family. But you know, we work on things just like everyone else."

Footage from the fifth season of Tori & Dean: Home Sweet Hollywood, which premiered last night on Oxygen, showed Spelling telling her husband of almost four years: "It's like you got more and more unhappy and angry. I just want the old Dean back. I really do. I miss you so much."



**METRO NEWS
SERVICES**

Trump stalker posts bail, has new 'strategy'

YEAH, THIS ISN'T GOING TO BE A VERY LONG RELEASE A 27-year-old man accused of stalking Ivanka Trump was released on bail Friday, the New York Post reports. Justin Massler was arrested in Nevada on suspicion that he used the Internet to stalk the Celebrity Apprentice star, adds popeater.com.

Massler, who has been diagnosed with schizophrenia, was charged with stalking and harassment Thurs-

day and freed on \$10,000 US bail. Jail hasn't dampened Massler's enthusiasm for Donald Trump's daughter — the accused said Sunday night that he has a new plan to woo her.

"I've got a stalking charge, so that means I can't contact her. I won't, like, try to ever visit her directly," Massler told the New York Daily News. However, he says he still plans on "trying to win her over."



**METRO NEWS
SERVICES**

Follow these celebrities on Twitter...

CelebTweets

DEEPAK CHOPRA thinks he can cause earthquakes, **CONAN O'BRIEN** is at the forefront of technology, **JESSE MCCARTNEY** is inspired by his elders, and **DIABLO CODY** is relaxing with the classics.

@DeepakChopra Was meditating on Shiva mantra & earth began to shake. Sorry about that

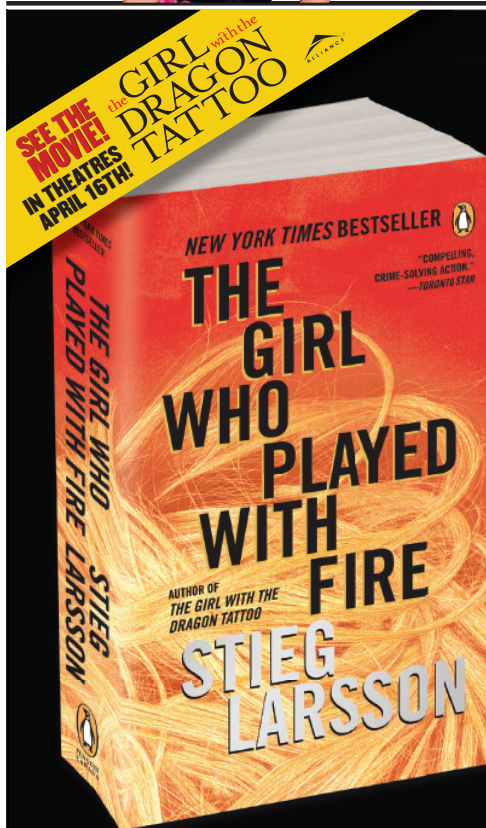
@ConanOBrien Just got the new iPad. This amazing device has already revolutionized the way I use a calculator.

@JesseMcCartney Sitting at a cafe in Bloomie's next to 3 of the oldest and funniest ladies I've ever seen. I hope I can still tackle a bottle of wine at 80.

@diablocody Watching The Sound of Music. The Baroness is the most reasonable person in this movie



**METRO
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(including service charges): \$388

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June 11 • 6 nts.
FREE Hop-on / Hop-off tour

\$1289 +Taxes & other fees
(including service charges): \$363

Air, Hotel & City Tour

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(including service charges): \$213

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